

## TREAT California Fact Sheet

### Fixing Mental Healthcare

**We have an incredible opportunity** to revolutionize mental healthcare with new treatments that could radically improve the lives of millions. This quick, cost-effective, and medically-based treatment could reduce the impacts of homelessness, addiction, PTSD, suicide, crime, and more. It is a chance to transform society as a whole—creating a healthier and more compassionate world for all.

### Shocking Suffering and Costs

California's mental health and addiction crisis has now reached catastrophic levels. The tools and resources available to treat these issues are inadequate and falling behind what is needed at an accelerating rate.

- Many of California's nearly 2 million **veterans** suffer from PTSD, addiction, depression, and homelessness.
- California's **homeless** population grew by 15% between 2019 and 2021.<sup>1</sup> More than 75% of the homeless have a mental health disorder.<sup>2</sup> The **overdose** crisis makes this worse. **Every 5 minutes** someone dies from overdose.<sup>3</sup> The DEA reports that fentanyl is the number one cause of death for US adults under 45 years old.<sup>4</sup>
- Every 11 minutes someone dies in the US by **suicide**.<sup>5</sup> **40 veterans** die each day by suicide and self-injury.<sup>6</sup>

**We all pay** for this, through our suffering and through our taxes. California spends **\$61 billion** every year on opioid addiction alone.<sup>7</sup> **We can't afford not to act!**

### Promising New Treatments

A variety of mostly plant-based medicines, casually called "psychedelics", are showing great potential to treat or cure mental health disorders:

- **Depression:** A 2020 clinical trial showed that after **psychedelic-assisted therapy (PAT)** using psilocybin (an ingredient in certain mushrooms), **60%** of those treated remained symptom-free one year later.<sup>8</sup> A 2023 study using psilocybin **just one time** provided immediate and long-lasting relief of symptoms of depression.<sup>9</sup>
- **PTSD:** After treatment, **67%** of those treated for "**intractable**" PTSD **no longer qualified for a PTSD diagnosis**.<sup>10</sup>
- **Addiction:** By the end of an eight-month study using psilocybin to treat alcohol addiction (2022), **nearly half of those who received psilocybin had stopped drinking entirely**.<sup>11</sup>

### Lack of Funding

Because of restrictions on these medicines, there isn't enough research to safely bring them to patients. There is an urgent need to do research, train therapists, educate our citizens, and build the necessary foundation to bring these **life-changing medicines** to those in need.

### The Opportunity

**TREAT California** is a citizen-led ballot initiative that will create a **\$5 billion** state funding agency dedicated to this cause. This agency will be innovative and effective, providing stable funding for research and access to these medicines. The money for this will come from bond sales and will **not** create new taxes. **TREAT California** will make sure these medicines are safe and effective by funding large-scale clinical trials. Unlike medicines that are simply decriminalized, with FDA approval they will be available in every state and eligible to be covered by insurance. To ensure they are used safely, these medicines won't be sold in regular stores or pharmacies. Instead, trained healthcare professionals will give them to you in safe places where they can watch over you.

**We need your help** to make this happen!

Sign up at [www.treatcalifornia.org](http://www.treatcalifornia.org)!

